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AARON CHATHA/METRO

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TRANSPORTATION

Calgarians happy with taxis during holiday season



Helen
Pike
Metro | Calgary

Calgarians were mostly riding cabs for the holidays, according to a city-commissioned survey.

It's an annual study the city's done since 2014, but this year the survey was expanded to look at satisfaction for transportation network companies (TNCs), such as Uber.

As it turns out, satisfaction with cabs and TNCs in the holiday season ranks very high. A total of 884 Calgarians were surveyed. Of the 500 who used taxi services, 90 per cent were satisfied. Out of 196 rideshare users, 96 per cent were satisfied.

The number of people who exclusively use rideshares is only at five per cent, whereas those who use a combination of service options sat at 22

per cent. But a majority, 39 per cent, said they only used cabs to get around during the holidays; 34 per cent said they didn't use either service.

"It sounds kind of low," said Sandy Jenkins, co-founder of Voters for Taxis. "But ridesharing is new, so a lot of people wouldn't even know about it."

Coun. Richard Pootmans said as people become more aware the numbers will grow, but it's unclear what the TNC part of the pie will look like once public awareness improves.

"There's always been a high satisfaction level with taxis. The challenge has always been over peak times, in the holiday season, Stampede, times like that," Pootmans said.

The survey's methodology was weighted for the normal distribution of Calgarians as reported by Statistics Canada. Where applicable, results were compared to previous years. But as it was a non-random internet survey, a margin of error is not reported.

"The results should be regarded as directional and may not necessarily be projected to the larger population without further quantitative research," read the Leger report.

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Pedestrian killed by train was using phone: Police

PUBLIC TRANSIT

Authorities unsure of next steps to stop unsafe crossing



Elizabeth Cameron
For Metro | Calgary

A city councillor is calling for more education and enforcement around distracted crossing after a man walked in front of a CTrain near the Whitehorn LRT station, apparently distracted by his cellphone.

The 30-year-old had already died when EMS paramedics arrived on the scene at approximately 8:30 p.m. on Monday.

Witnesses told police the man was both using his cellphone and wearing earphones when the collision occurred.

"We get one or two of these fatal collisions each year, unfortunately — I don't know what more we can do to get the message across," said Sgt. Colin Foster with the CPS Traffic Section.

He said pedestrians have to be accountable for their actions when crossing train tracks.

"Take that extra step to make sure it's safe to cross. It's as simple as that," Foster said.

Calgary Transit, his unit, and the City of Calgary will continue discussing ways to

improve safety and awareness at pedestrian crossings.

A city councillor who has spoken out before about distracted crossing said he will be raising the issue with the Calgary Police Commission.

"I will be asking through the proper channels with the police if we can have a focused campaign for distracted crossing, (based on) education and enforcement," said Coun. Ward Sutherland.

He said both pedestrians and vehicle operators have a shared responsibility to pay attention.

Warning signals in the area were working properly, including an audible signal and flashing lights. Two signs warn pedestrians to look both ways before crossing the tracks at 36 Street NE.

"Unfortunately, even if the driver sees the pedestrian and is able to react in time, a three-four car CTrain takes a long time to stop, so there's nothing the transit driver can do," Foster said.

The train operator was assessed by EMS but not transported to hospital, and no passengers were hurt.

"It's tragic for the pedestrian, his family and the CTrain driver — when these things happen, it involves more than one person. Again, I've said for three-and-a-half years — there needs to be more attention on distracted crossing," Sutherland said.



The pedestrian crossing near Whitehorn LRT station where a man, distracted by his phone and wearing headphones, was struck by a train and died. ELIZABETH CAMERON/FOR METRO

CANAL TRAGEDY

Surviving brother at home

The surviving brother of a tragedy that unfolded in Airdrie on Family Day is back at home with family, according to RCMP.

Two brothers, aged six and 10, fell through the ice on a canal frequented by locals in the neighbourhood of Bayside on Monday.

The younger child was transported to the Alberta Children's hospital by STARS air ambulance but later died of his injuries.

No criminal charges will be laid in relation to the incident, according to Curtis Peters, media relations officer for the Southern Alberta RCMP.

The older child, who was believed to be suffering from hypothermia and transported to the Alberta Children's Hospital via ground transportation, was later discharged and has returned home with his parents. The family has not been identified.

A memorial grew on Tuesday at a bridge near where the incident happened.

Airdrie residents were stopping by to leave messages of support and express their grief, some shedding tears as they left bouquets and toys in memoriam.

Lynda McLean, leader of corporate communications with the City of Airdrie, said the city monitors ice conditions in several park areas, but not the canals.

Signs posted along the canals warn residents to use the area for skating at their own risk.

ELIZABETH CAMERON/METRO, WITH FILES FROM BRODIE THOMAS



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COMIC EXPO

Hawkeye coming to show



Aaron Chatha
Metro | Calgary

Avengers — assemble! Jeremy Renner, the purple archer Hawkeye from the Avengers, will be swinging into the Calgary Comic Expo this year.

The Academy Award nominee has been part of some of the biggest modern franchises, including Mission Impossible and the Bourne series.

Shambling to join him will be Steven Yeun (Glenn from The Walking Dead), Aly Michalka (iZombie), Roger Cross and Melissa O'Neil (Dark Matter), Raphael Sbarge (Once Upon a Time) and Mark Meer (Mass Effect).

On the comic creator side, Laura Martin, famed colourist behind Spider-Man, Storm-Watch and the Astonishing X-Men will be in attendance this year.

Joining her will be inker Matt Banning (The Darkness, Green Lantern), illustrator Tom Grindberg (Judge Dredd, Batman), Ken Steacy (Astro Boy) and Marco Bucci (Disney, Hasbro).

This year's Calgary Comic Expo takes place April 27 to 30. For more information, visit www.calgaryexpo.com



PIPELINES

Safety ratings listed

The Alberta Energy Regulator launched a new pipeline reporting website Tuesday that lays out pipeline safety ratings for operators in the province over the past two years. Topping the list for amount of liquid released in 2016 is Enerplus Corp., with about 875,000 litres leaked. THE CANADIAN PRESS

Complaints help move service forward: Chief

CAMPAIGN

More than a dozen police officers retain counsel



Lucie Edwardson
Metro | Calgary

Calgary's Chief of police said the 13 formal complaints filed by current and former members against the service is a "really big positive development," in the workplace culture, bullying and harassment allegations saga.

Metro reported Tuesday that Rachel West of Dunphy Best Blocksom law firm is legal counsel for the 13 pursuing the complaints. She said they plan on working with CPS to solve the complaints under the condition they get an external auditor to conduct an investigation.

The filing of the complaints allows the force to begin a meaningful conversation about the allegations and what to do next, said Chaffin at a press conference Tuesday.

"The ability to get to the table and to be able to start working through specific allegations is a really good step for us to start to create the organization we're trying to," he said.

Chaffin said this once they know all the specifics, the force can begin to work away at the underlying issues as well.

"Here's a really good opportunity for us to get to the bottom of this, start moving forward on our process and where we have to find account-



Chief Roger Chaffin says the formal complaints will allow the service to learn about specific issues, which will, in turn, allow them to move forward in dealing with them more effectively.

JENNIFER FRIESEN / FOR METRO

abilities or make changes in the organization that might rise out of these allegations," he said.

"This is a positive development, without it it's hard to move forward with these sorts of things."

The Chief said in terms of an external investigator, it's just a matter of finding an "agreed upon person" and figuring out

what the scope of the investigation would be.

Calgary Police Commission chair Brian Thiessen said he's happy to see the members retain outside counsel.

"I'm very happy to see them with very competent counsel — they're experienced employment lawyers," he said. "This means the complainants are getting good legal advice, and

they're also all with one law firm, which allows the firm to coordinate and get all the information to the CPS, which is really helpful."

Thiessen said he's also glad to see the complainants taking a "constructive approach" when dealing with these allegations by trying to work through them in partnership with the service.

DOWNTOWN

Rents for offices falling



Brodie Thomas
Metro | Calgary

An analysis of Calgary's downtown office space by Avison Young warns that the vacancy rate could hit 30 per cent in the next two years if the province's economy doesn't turn around.

Todd Thronson, Avison Young's principal and managing director of the company's Calgary office said there are fewer subleases available and that means more pressure on the owner of the building to rent out the space.

"Where it used to be 50-50 on head lease space and sublease space on the market, now it's becoming two-thirds head lease space and one-third sublease," said Thronson.

He said landlords have to weigh their options between dropping rent prices to get some cashflow now, or holding out for a market turnaround.

Jeff Thompson, senior vice president at Core Commercial Real Estate, said he's seen landlords dropping head leases anywhere from 20 to 30 per cent, and occasionally even more.

"We just did a deal where they were able to cut the rent in half, and they stayed in the same space and everything else stayed the same," said Thompson.

Thronson's report noted an interesting pattern in occupied office space over the past decade. From a 2006 peak to a 2009 slump and again now, occupied office space has returned to about 33 million square feet (msf) in Calgary's core.

"These figures demonstrate that the occupancy level hasn't really changed in time over the past boom-and-bust cycles," said Thronson.

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HUDSON'S BAY



Little baby skunks like this one are the result of the quite fragrant process of spring skunk mating. DREAMSTIME

Love is in the air

ODOUR

Sweetheart skunks keep pest controllers busy in city



Helen Pike
Metro | Calgary

In this stripe of spring weather, just after Valentine's, there's a more pungent love forming in Calgary.

February marks the beginning of mating season for lots of critters, including skunks, so you may see the bushy animals roaming around as they look for the perfect mate.

Operations manager Mike Zborosky with Can-ex Pest Control Inc. said last week they had more than 10 calls to set 12 traps for the critters, and so far they've trapped about four.

This is a larger-than-normal haul according to Zborosky who said they've seen the population boom with 30 to 40 per cent more calls than usual.

"They're definitely out and about, that's for sure," Zborosky said. "The last couple of years has been really off."

He said it's because of the mild winters Calgary has enjoyed for the last few years. And with the warm weather there's more mice for the skunks to snack on, too (when there's no other food around).

Skunks find places in the urban setting as the city expands into their old stomping grounds, according to Zborosky.

"Usually in spring time we get mating going on, the males take off after — they have no interest in the young," Zborosky said.

Once the babies are born, he adds, they have troubles trapping and have to build specific traps to get skunk and family out of people's property safely; live trapping and relocating is their specialty.

According to the Alberta Institute for Wildlife Conservation, skunk smell might be more common during the mating season. Typically, if a female skunk turns her nose up to a partner, she'll spray him off to let him know she's not in the running this mating season.

The City of Calgary doesn't see as many calls for skunks at this time of year, its peak sighting calls to 311 come when the babies start crawling around in April and May. Mama skunks are pretty defensive of their young, and they will spray if you get near.

A city spokeswoman told Metro peak-skunk calls were reached in 2012 with 100 calls about skunks, and the city's had a decrease every year since then.

The city is currently working on a wildlife strategy that will address skunks.

It's expected to come to council in March.

REFUGEES

Councillors mixed on sanctuary city idea



Brodie Thomas
Metro | Calgary

Montreal is the latest to become a sanctuary city, but one Calgary councillor doesn't think there's an appetite to do the same thing here.

A vote by Montreal's city council on Monday night means the city will offer up municipal services to any citizen, regardless of their immi-

gration status, and non-legal immigrants and refugees will not have to fear being turned in to federal authorities.

Coun. Brian Pincott said he would welcome something similar here in Calgary, but suspects it wouldn't get support from enough of the councillors.

"I think it's a good idea and I personally think it ties into our welcoming community policy," said Pincott.

That policy recognizes newcomers' distinct needs such as

language barriers, and tries to work with federal and provincial governments to address them.

Pincott said the sanctuary city policy would be beneficial because all citizens would be able to access city services with peace of mind, and a reputation as a welcoming city would grow the population.

"We would expand our workforce, and that is something we would clearly gain," he said.

In the wake of the Syr-

ian refugee crisis and more recently the Quebec City mosque shooting, Mayor Naheed Nenshi has spoken of the need to welcome immigrants and refugees with open arms.

He is travelling and was unavailable to respond to questions about sanctuary cities.

Coun. Ward Sutherland was blunt on his take of whether Calgary should become a sanctuary city.

"I believe we should follow the laws," he said.



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Susan Hughson, executive director of ASIRT, said increased funding from the provincial government has allowed them to hire a lawyer to help Hughson through the legalities of the many ASIRT files. METRO FILE

Caseload tripled: Police watchdog

TRANSPARENCY

Director talks accountability, low resources facing agency



Lucie Edwardson
Metro | Calgary

Alberta's police watchdog executive director says their caseload has "nearly tripled" since she came on the job in 2013.

Susan Hughson, executive director of the Alberta Serious Incident Response Team (ASIRT), said when she took the job the average annual caseload was 32.35 files, but in 2015 things got "exponentially worse" when they more than doubled with 78 files, and increased again in 2016 to 83 files.

"I don't anticipate that trend to change," said Hughson.

According to Hughson, the increased caseload "shouldn't necessarily be interpreted as a

negative," but rather as "an increased desire to be transparent" on the part of policing agencies.

Still, the executive director admits the increased workload is "taxing existing resources."

"It's a marked increase, but as we're moving forward, we're looking at different ways to make it more efficient," she said.

Hughson said the actual investigations are wrapped up quite quickly, but it's reviewing the files and making sure everything follows the letter of law that takes real time.

"I have to look at everything because at the end of the day public confidence rests with knowing that the executive director is doing her job," she said.

In order to try and speed up that part of the process, Hughson said they have recently hired a lawyer on a contract basis to assist in the legal areas.

"The hope is ... that will al-

leviate some of the time that it takes me to get through a file," she told Metro in early January.

Hughson said a slight increase in funding from the province made hiring the lawyer possible.

"That budget covered shortfalls for two positions that we had, and allowed us to hire a tactical analyst and the resources to hire counsel on a contract basis," she said.

Alberta lawyer, Tom Engle, said despite the increased funding the Alberta government isn't funding ASIRT appropriately, causing cases to drag on — sometimes for years.

"I'm not pointing the finger of blame there at Susan Hughson or the investigators she has. They're overloaded," he said. "The government needs to properly resource ASIRT for them to do their job in a timely fashion."



The government needs to properly resource ASIRT for them to do their job. Tom Engle

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CLIMATE CHANGE

Indigenous peoples asked to give input



Elizabeth Cameron
For Metro | Calgary

A new survey was launched by the provincial government last week in an effort involve First Nations, Métis, and Inuit people (FNMI) with programming for Alberta's Climate Leadership Plan (ACLP).

Some of the main goals of the ACLP include reducing green house gas emissions, creating 'green jobs', and stimulating a greener economy.

"We're really interested to know what the best ways for us to support FNMI people in terms of their knowledge and participation moving forward," said Richard Feehan, Alberta's minister of Indigenous Affairs.

Feehan pointed out FNMI people have been stewards of the land since the beginning of time.

"They're the people out on the land, looking at what's happening and seeing those (climate) changes," he said.

Alberta has 48 reserves and eight Métis settlements. Approximately half Alberta's FNMI population lives in urban areas, according to the minister, who said he wants to hear from all demographics.



They're the people out on the land, looking at what's happening and seeing those climate changes.

Richard Feehan,
Minister of Indigenous Affairs

"It takes about 10 minutes for the average person, but there's an opportunity for people to leave quite extensive answers," Feehan said.

"If you care, we'd like to hear from you."

The survey is open until April 30.

DOUGLAS GARLAND

Inmates in assault set to face charges

Calgary police have confirmed that charges are pending against a number of inmates who assaulted triple-murderer Douglas Garland on Friday.

A CPS media spokeswoman said details would be forthcoming once charges had been laid. She said the matter is handled a bit differently when the accused are already in custody.

The number of accused and the nature of the charges is not being released at this time.

At 10:30 p.m. last Friday, Calgary police and EMS were called to the Calgary Remand Centre where they found a Garland suffering from soft tissue injuries. He was taken to hospital in non-life-threatening condition.

Garland recently received a sentence of 75 years without parole after being convicted of first-degree murder in the deaths of Alvin and Kathryn Liknes and their five-year-old grandson, Nathan O'Brien.

METRO



Calgary company DIRT created a medical building in just three days at the Arab Health Congress in Dubai to demonstrate their ICE design technology, which allows for more efficient construction. COURTESY DIRT

Showing off a new type of construction process

BUILDING

DIRTT builds two-storey medical centre in three days



Aaron Chatha
Metro | Calgary

Calgary manufacturer DIRT just couldn't help showing off — they created a functional, two-story, state-of-the-art medical interior in just three days at the Arab Health Congress in Dubai.

"What we're trying to do is use technology to flip the con-

ventional construction industry on its head," said Scott Jenkins, president of DIRT. "That has challenges because it's a very old industry that has a certain way of doing things, but we're really using technology to say there is a better way."

That technology is called ICE 3D design, and essentially the software let's you create spaces in 3D before you put down any building materials. What makes ICE different from other design applications is it also narrows down costs for you, and can be used to integrate other technologies.

In the case of hospitals, that means the software figures out how to integrate hospital gases, existing medical technology

that needs to run through the building, and more. When it comes to construction, Jenkins said this means there are no more wasted materials — builders can get a much more accurate idea of what they need, and the most efficient way to build it.

But, this technology has actually been commercially available for a little while now, and DIRT has collaborated with companies in Calgary and around the world to do it.

So the three-day build wasn't to show off something new — it was to illustrate how good their software is at mapping out a construction already.

"We wanted to make a big point, that you can make some-

thing completely custom and flexible like a full hospital room in three days, half way around the world. It is possible," Jenkins said.

The two story building included a patient waiting room, formal meeting room, refreshment bar, custom tile and glass work and, of course, two full-functional patient rooms full embedded with working medical technology.

It's not just walls and floor, either — there's cutting-edge stuff in there, like a graphic tiles on the wall that can control sound and light. Run your fingers over a forest tile, and you'll hear a forest.

The full build process is mapped out at www.dirtt.net.

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Vicki Zhou and Carman Kwong show off the ClickDishes app at the KE Grill. AARON CHATHA / METRO

Startup idea app-etizing

ENTREPRENEURS

The Keg, Edo and more are partnering with ClickDishes



Aaron Chatha
Metro | Calgary

Calgary's restaurant servers are going to have a lot more time to chat.

Local startup ClickDishes is an app that handles everything from showing the menu, taking orders and processing the check — streamlining the whole food ordering process at busy restaurants.

"Because all of their more cumbersome activities like taking orders and payments are handled, they can spend more time getting to know their customers and really providing the best service they can," said Carman Kwong, product manager.

This isn't garage start up either — the group has already raised \$1.6 million in funding and has partnered up with high-profile chains in Calgary, including Bourbon Street Grill, Carl's Jr., Cinnzeo, Opa!, Edo Japan, The Keg and more.

Basically, users download the app and when they get to the restaurant, they scan the

QR code at their table.

This also clues the restaurant in, so they can monitor when the party has ordered or paid their bill.

Users at the same table then use their individual phones to flip through the menu, decide what they want, and place an order — everyone can see what the others have ordered as well.

The servers are still on hand to answer questions, make recommendations and generally make the evening a pleasant one.

Once the meal is done, the group can pay directly through the app — dividing things up equally, having everyone pay for their own tab, or divvying it up in other ways.

The app even stores credit card information, making payment a snap.

Although other chains have their own apps, co-founder Vicki Zhou said it's easier for the customers when restaurants handle orders through a single app, like ClickDishes.

"You're not going to download one app for one restaurant to make one order per week," she said.

It's even set up to take to-go orders, so you can order from the road and pick up at a restaurant.

As ClickDishes prepares to launch, users can sign up for early access through www.clickdishes.com

WORKPLACE SAFETY

Tories knew about farm workers' needs

A report commissioned by the previous Progressive Conservative government shows it was aware that Alberta farm workers needed workplace insurance protection.

The Sigma Risk Management report, obtained by the Alberta Federation of Labour, was presented to the Tories in February 2015, three months before they were swept from power by the NDP.

The report says about 2,000 farm workers in Alberta suffer a

lost-time accident each year and about 20 will die in workplace accidents.

It also notes that Workers Compensation Board coverage would be the cheapest insurance option for small and medium-size farms.

The AFL says its findings repudiate arguments against the farm safety changes that have been brought in by the NDP.

Opposition Wildrose Leader Brian Jean and PC leadership candidate Jason Kenney have

both pledged to scrap the NDP legislation known as Bill 6 if they win the next provincial election.

"This utterly repudiates the arguments against basic workplace protections for agricultural employees," federation president Gil McGowan said Tuesday. "Anyone who reads this report and still says that Alberta doesn't need common-sense agricultural workplace laws has no heart."

Mandatory rules that require WCB coverage for paid farm workers in Alberta have been

in effect since January 2016.

The rules don't apply to farm owners or their family members.

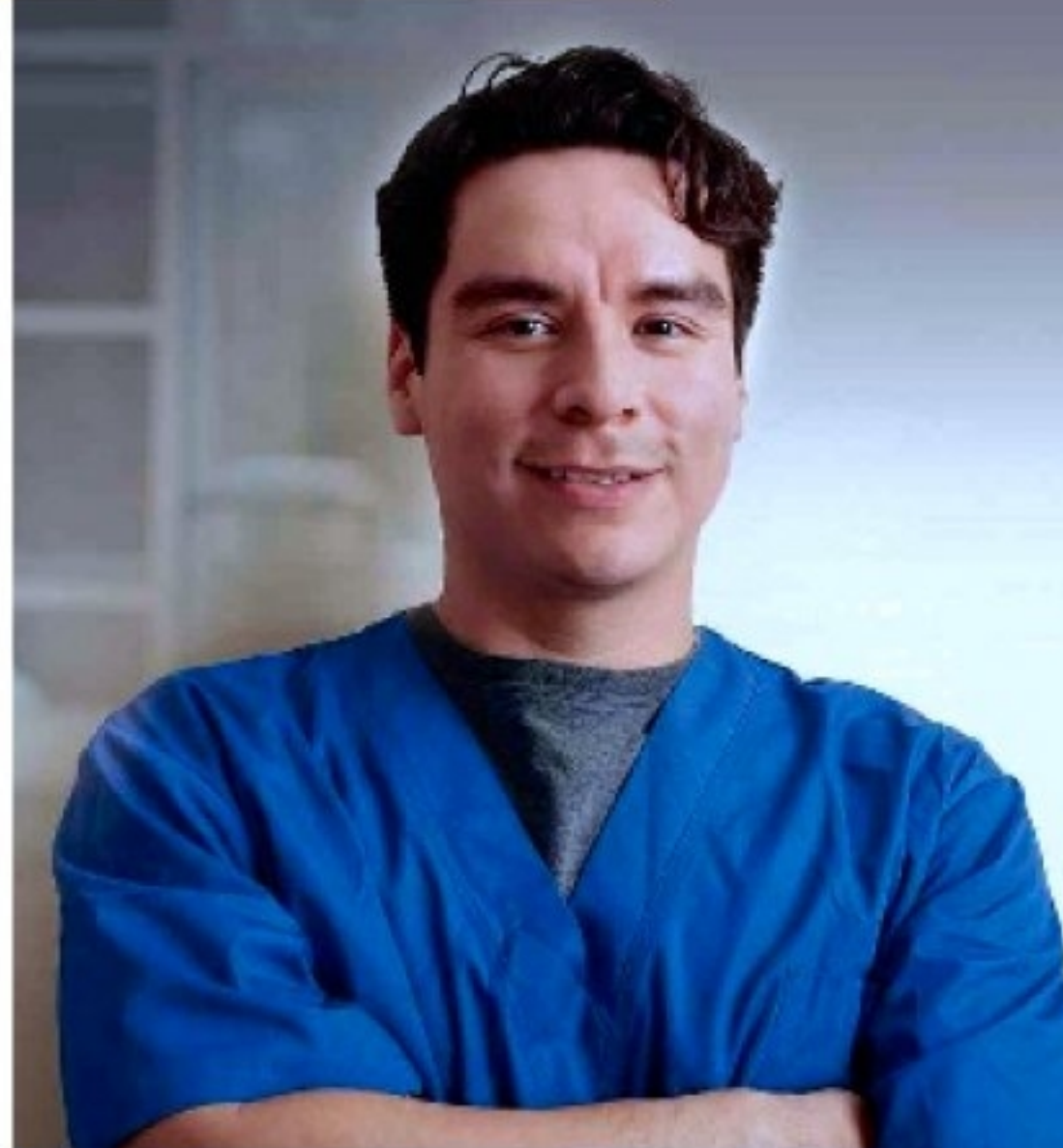
Regulations to cover workplace issues such as overtime, hours of work, collective bargaining, safety education and health rules are being studied by farm, labour and other groups.

The government has said once these groups make their recommendations, the government will give Albertans a chance to respond to draft regulations.

THE CANADIAN PRESS

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Hundreds of Yazidis bound for Canada

IMMIGRATION

Initiative to bring in refugees expected to cost \$28 million

The Trudeau government is poised to announce today that Canada has given safe haven to almost 400 Yazidi refugees and other survivors of Islamist extremists in the last four months and will take in about 800 more by the end of the year.

The initiative is expected to cost \$28 million, according to details obtained by The Canadian Press.

In addition to 1,200 government-assisted refugees, the government says it also intends to facilitate private sponsorships of Yazidi refugees.

The announcement comes four months after the House of Commons unanimously supported a Conservative motion that called on the government to provide asylum to an unspecified number of Yazidi women and girls.

The motion recognized that Daesh is committing genocide against the Yazidi people and holding many of the religious group's women and girls as sex slaves.

Although the motion referred only to providing asylum to Yazidi women and girls, the 1,200 refugees will include male family members.

Although the motion referred strictly to the Yazidi people, the government is not confining its efforts solely to members of that religious group, who live primarily in northern Iraq.

Immigration Minister Ahmed Hussen says Canada has long offered protection to refugees



Yazidi refugees celebrate news of the liberation of their homeland of Sinjar from Daesh, while at a refugee camp on Nov. 13, 2015, in Rojava, Syria. GETTY IMAGES

based on "vulnerability, not religion or ethnicity" and will thus focus on "highly vulnerable" survivors of Daesh. Still, he says a "significant majority" of the 1,200 will be Yazidi due to the "high level of violence" they've suffered.

Roughly three quarters of the 400 refugees that have come into Canada so far are Yazidi, said officials.

The Yazidi people are "an integral part" of Iraq's society and it's important to preserve that, Hussen argued, adding that's why the government is focusing on "a small number of people for whom resettlement is the best option."

“Many will have unique psychological and social needs.”
Ahmed Hussen

Moreover, Hussen said the government is taking lessons from Germany — which resettled just more than 1,000 Daesh survivors from northern Iraq over the course of a year — on how to work safely in a volatile environment to identify and run security checks on refugees and

how best to ensure that the necessary settlement services are in place once they arrive in Canada.

"As many have experienced unimaginable trauma, both physical and emotional, many will have unique psychological and social needs such as trauma counselling," Hussen said.

The government said it sought support from authorities in the Kurdistan region of Iraq and that it has the consent of the Iraqi government to operate in the region. While the majority of the 1,200 refugees will come from Iraq, the government said some will also be accepted from Lebanon and Turkey.

THE CANADIAN PRESS

INTELLIGENCE

Former double agent facing deportation

Hussein Ali Sumaida says Canada is the only safe haven for him even if he spends the rest of his life here without legal status.

A former double agent for the Israeli intelligence service and Iraqi dictator Saddam Hussein's regime, the now 52-year-old Hamilton, Ont. man said his life would be in danger if he was sent anywhere in the Middle East.

Canadian officials have been trying to remove Sumaida ever since he arrived in Toronto in 1990 for asylum and was deemed inadmissible to the country a year later for his "espionage" activities that they said made him complicit in crimes against humanity.

In fact, Ottawa did deport him once to Tunisia — the birthplace of his Iraqi diplomat father, where he himself had never been — in 2005, but Sumaida assumed a false identity, "Brandon Timothy Casey," and returned on an emergency passport.

After living a low-profile life



Hussein Ali Sumaida
TORSTAR NEWS SERVICE

over the last decade, raising a family with a job in construction, Sumaida said he recently got a letter in the mail informing him that a pre-removal risk assessment had been initiated to determine if it's safe for him to be deported to Tunisia again.

"I just want to stay alive in Canada, even with no status. Just don't make me go back there and be tortured," Sumaida told Torstar. "It is just not fair to leave somebody in limbo for 27 years. We are not animals."

TORSTAR NEWS SERVICE

STUDY

Too many police officers 'suffering unnecessarily'



David P. Ball
Metro | Vancouver

Police departments across Canada would be wise to better serve and protect their members, if a landmark survey of Vancouver's police officers is any indication.

According to the study, commissioned by the Vancouver Police Union, one in every three police officers displays enough symptoms to have post-traumatic stress disorder (PTSD).

The survey is the most comprehensive ever done on mental health in Canadian police forces. But even the union's president

said the numbers caught him off guard.

"I knew there were issues with cynicism, depression and fatigue," Tom Stamatakis told Metro. "But I was surprised to see their extent."

"Even though, from our survey, police officers generally like their jobs and trying to help people in the community, they are also exposed to some pretty horrific incidents during the performance of their duties."

"A 70 per cent response rate is unbelievable, there's no data like this anywhere," said one of the authors, psychologist Lisa Kitt. "People are suffering unnecessarily."



Contestants take part in the annual Hair Freezing Contest at Takhini Hot Pools in Whitehorse. MANUEL SIDLER / THE CANADIAN PRESS

YUKON

Frosty fun frolicking with frozen follicles

Think of the frost fairy on a really bad hair day.

Those are the prospective winners at the Takhini Hot Pools hair-freezing contest that have captured the attention of many through the Internet.

Andrew Umbrich, owner of the hot pools just outside of Whitehorse, says the competition started off in 2011 as a small event that took place over a few weeks every February during the annual Yukon Sourdough Rendezvous Festival. But things got a bit hairy in 2015 when a few people from France and one person

from Quebec submitted a video of some fantastic frozen hair.

Before then, the coiffure competition would only see about 10 contestants a year, but so far this year they've had 35 photo submissions and Umbrich said they expect many more.

Conditions need to be just right, he said. While the hot springs are always around 42 C, the air has to get at least -20 to get the right ice sculpt.

"It's still possible to freeze your hair at (warmer) temperatures, but it just takes a lot longer."

Beards and long locks are best for sculpting, he said, because they allow for ice-covered hair styles that can resemble anything from a Mohawk to Medusa with a frosted coating.

Getting the exact coif take some skill and a bit of experimentation, Umbrich said.

"When you're sitting in 42-degree water, there's a lot of steam coming up. And when it's minus 20, 30, 40, the steam is even more pronounced."

"First you wet your hair and all that steam gathers on your wet hair and it freezes

very quickly when it meets the minus-40 air."

In the right conditions it takes from 10 to 15 minutes for hair to freeze.

"Some people even use a bit of snow to accelerate it," he added.

Umbrich said he's never heard complaints of hair breaking or getting damaged, and the frosty coating disappears the moment it's dunked back in the water.

Of course, the disadvantages are that it can be cold out of the water, especially for your ears, he said. THE CANADIAN PRESS

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Month Two: Focus on legislation

POLITICS

Trump team trying to move beyond controversies

As President Donald Trump begins his second month in office, his team is trying to move past the crush of controversies that overtook his first month and make progress on health care and tax overhauls long sought by Republicans.

Both issues thrust Trump, a real estate executive who has never held elected office, into the unfamiliar world of legislating. The president has thus far relied exclusively on executive powers to muscle through policy priorities and has offered few details about what he'll require in any final legislative packages, like how the proposals should be paid for.

The White House also sent conflicting signals about whether the president will send Congress his own legislative blueprints or let lawmakers drive the process.

White House chief of staff Reince Priebus said he expects



Officials in Donald Trump's administration say the team is moving beyond controversies of the first month of his presidency, and into drafting health-care and tax overhauls. THE ASSOCIATED PRESS

a health-care plan to emerge in "the first few days of March." Pressed on whether the plan would be coming from the White House, Priebus said, "We don't work in a vacuum."

On Sunday, White House advisers held a three-hour meeting on health care at Trump's South Florida club, their third lengthy discussion on the topic

in four days. Gary Cohn, the former Goldman Sachs banker now serving as Trump's top economic adviser, and newly sworn-in Treasury Secretary Steve Mnuchin have been leading talks with Republican lawmakers and business leaders on taxes. Neither man has prior government experience.

Republicans long blamed

Democrats for blocking efforts to overhaul the nation's complicated tax code and make changes to the sweeping 2010 health care law signed by President Barack Obama. But with the GOP now in control of both the White House and Congress, making good on those promises rests almost entirely with the president and his party.

To some Republicans' chagrin, both issues were overshadowed during Trump's first month.

The president spent more time publicly fighting the media than selling Americans on his vision for a new health-care law. Fresh questions emerged about Trump's ties to Russia, particularly after national security adviser Michael Flynn was fired for misleading the White House about his conversations with a Russian envoy.

The White House botched the rollout of a refugee and immigration executive order, Trump's most substantive policy initiative to date, and the directive was quickly blocked by the courts.

Priebus said the distractions did not slow down work happening behind the scenes on the president's legislative priorities.

One of the biggest questions on Capitol Hill is how involved Trump plans to be in legislative minutia. One GOP leadership aide whose office has been working with the White House described the president as a "big picture guy" and said he expected Trump to defer to Capitol Hill on health care in particular. The aide was not authorized to speak publicly and insisted on anonymity. THE ASSOCIATED PRESS

POLITICAL DIGEST

Millions targeted for deportation

Millions of people living in the United States illegally could be targeted for deportation — including people simply arrested for traffic violations — under a rewrite of immigration enforcement policies announced Tuesday.

Any immigrant who is in the country illegally and is charged or convicted of any offence, or even suspected of a crime, will now be an enforcement priority, according to Homeland Security Department memos. AP

Canada will not abandon Mexico: Freeland

Canada has reassured Mexico that updating the North American Free Trade Agreement will be a three-way conversation involving all three member countries. Foreign Minister Chrystia Freeland's remarks Tuesday appear to clarify speculation that Canada will abandon Mexico and pursue bilateral talks with U.S. President Donald Trump, who wants to renegotiate the 23-year-old trade deal. TORSTAR

CRISIS

Bodies of refugees heading to Europe wash up on Libyan coast

At least 74 bodies of African refugees have washed ashore in western Libya, the Libyan Red Crescent said Tuesday, the latest tragedy at sea along a perilous but increasingly popular trafficking route to Europe.

The bodies were found near the western Libyan city of Zawiyah on Monday, Red Crescent said spokesman Mohammed al-Misrati, adding that he feared more might surface. He said a torn rubber boat, the kind that usually carry up to 120 people, was found nearby.

The Red Crescent's branch in

Zawiyah said there are bodies still floating out at sea but it has no means to retrieve them.

The International Organization of Migration said the traffickers took the engine and left the boat to drift. Another 12 refugees remain missing and are "presumed drowned," and a sole survivor was transferred to a hospital in a coma, the UN migration agency said on Twitter.

The Red Crescent posted photographs of dozens of bodies in white and black bags, lined up along the shore. Al-Misrati said the bodies would be taken to a

cemetery for unidentified people in the capital, Tripoli. The Red Crescent appealed for help on Facebook, saying there are no vehicles to transport the bodies.

Al-Misrati had initially said the bodies were found overnight Tuesday, but later clarified that they were recovered Monday afternoon and evening.

Libyan coast guard spokesman Ayoub Gassim said over 500 refugees were rescued at sea on Friday and Saturday off the coast of Sebratha, a city to the west of Zawiyah. The refugees' boats were 5 to 7 miles (8 to

11 kilometres) from the coast.

Gassim said the smugglers pack larger rubber boats with up to 180 people, dramatically increasing the risk of capsizing.


Last week, Fabrice Leggeri, director of the European Border and Coast Guard Agency, said the Libya-to-Italy smuggling route across the Mediterranean had seen record numbers of migrant drownings in 2016.

Some 4,579 migrant deaths were documented in 2016, up from 2,869 deaths the previous year and 3,161 in 2014.

THE ASSOCIATED PRESS



Libyan Red Crescent volunteers recovering the bodies of 74 migrants that washed ashore Monday, near Zawiyah on Libya's northern coast. LIBYAN RED CRESCENT/GETTY IMAGES



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Hundreds rescued from floodwaters

CALIFORNIA

Contamination from fuel, trash causing serious risk of sickness

Rescuers chest-deep in water steered boats full of people, some with babies and pets, on Tuesday from a San Jose neighbourhood inundated by water from an over-

flowing creek.

At least 225 residents were taken to dry land and rinsed with soap and water to prevent them from being sickened by floodwaters that had travelled through engine fuel, garbage, debris and over sewer lines, San Jose Fire Capt. Mitch Matlow said.

Residents went door-to-door searching for people who needed to leave the neighbourhood and only residents who could prove they had been cleaned of

the floodwaters were allowed to board buses to shelters.

"This is like once-in-a-lifetime," said Bobby Lee, 15, of the water around him.

He was rescued with his brother and parents, who took clothes, electronics and some photos from their home in a neighbourhood that ended up littered with submerged cars.

Earlier Tuesday, firefighters rescued five people stranded by flooding at a homeless camp

along the same creek in San Jose.

Firefighters went door-to-door to tell residents to get out of their homes because the city does not have sirens or another emergency warning system, San Jose spokesman David Vossbrink said.

The rains were the latest produced by storms generated by so-called atmospheric rivers that dump massive quantities of Pacific Ocean water on California after carrying it aloft from as far away as Hawaii. THE ASSOCIATED PRESS



Rescue crews take out residents from a flooded neighbourhood Tuesday in San Jose. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

UNITED NATIONS

Further tests needed to solve death of Russia ambassador

Medical examiners who performed an autopsy on Russia's ambassador to the UN said Tuesday that more tests are needed to determine how and why he fell ill and later died at a hospital.

Vitaly Churkin, who died Monday at age 64, had been Russia's envoy at the UN since 2006. He was the longest-serving ambassador on the Security Council, the UN's most powerful body.

The city's medical examiners concluded Churkin's death needed further study, which usually

includes toxicology and other screenings. Those can take weeks.

The medical examiner is responsible for investigating deaths that occur by criminal violence, by accident, by suicide, suddenly or when the person seemed healthy or in any unusual or suspicious manner.

THE ASSOCIATED PRESS



Vitaly Churkin

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Timmies owner buying Popeyes

RESTAURANTS

Firm offers \$1.8 billion US for fried chicken outlets

The parent company of Tim Hortons and Burger King is making a move to add fried chicken to its repertoire with an offer to buy Popeyes in a friendly deal.

Restaurant Brands International said Tuesday it will pay \$1.8 billion US for the Louisiana-style fried chicken chain. That translates to \$79 US

per share in Popeyes Louisiana Kitchen Inc., which trades on the Nasdaq market.

"We're really excited we're adding another iconic and successful brand, one that has really rich Louisiana heritage that's going to resonate with guests all around the world," RBI CEO Daniel Schwartz said in an interview.

The deal doesn't come as a surprise to analysts, said Will Slabaugh, managing director at Arkansas-based Stephens Inc.

"I think it was always hinted at that there might be more brands in the future," he said, referencing RBI's successful

+ CANADA BASED

Restaurant Brands International has its headquarters in Oakville, Ont., west of Toronto, with more than 20,000 restaurants in more than 100 countries and U.S. territories.

2014 acquisition of Tim Hortons that led analysts to believe RBI could have a strong platform to roll in other quick-service restaurants.

However, there aren't many chains that fit RBI's criteria for acquisition. Slabaugh said the

company is likely looking for chains that are attractive to consumers around the world — not just Americans.

Schwartz said RBI plans to accelerate Popeyes' growth in the U.S. and beyond. The company currently has more than 2,600 restaurants, mostly in America, with 621 international locations.

"There is no reason that this brand can't be multiple times its size in many, many years from now," said Schwartz, adding that Popeyes is currently growing at a similar pace to Burger King when RBI first acquired that fast-food chain.

In 2010, Burger King was

adding 173 net new restaurants globally per annum. Last year, that number grew to 735.

Schwartz credits that to RBI's master franchisee joint venture growth model, which gives one or a group of franchisees the rights to expand the chain in a specific area. He said RBI would use the same model to grow Popeyes, whose footprint he says is underpenetrated compared to competitors like KFC.

The transaction will deliver immediate value to Popeyes shareholders, said CEO Cheryl Bachelder in a news release jointly issued with RBI.

Popeyes' management is ex-

pected to continue to operate the U.S. business.

Popeyes shares soared on the news, closing at \$78.73 US, a jump of \$12.61 US or about 19 per cent from Friday. RBI stock also gained value, closing at \$75.65 on the Toronto Stock Exchange, up \$4.98 or about seven per cent.

It's unlikely this is the last major acquisition RBI will make, said Slabaugh, though he doesn't expect any more announcements in the near future.

"Over time, I definitely expect them to acquire more brands."

THE CANADIAN PRESS

FRANCE

Tourists return to Paris after slump

Tourism to Paris is showing signs of a revival after a year-long slump attributed to deadly extremist attacks, violent labour protests, strikes and floods.

The biggest drop came in demand for Paris hotels from Chinese, Japanese, Russian and Italian tourists, according to 2016 figures released Tuesday by the Paris regional tourism committee.

The Louvre Museum, Musée d'Orsay and Disneyland Paris saw visits drop between 9 and 13 per cent last year and overall tourism-related revenue in the region fell more than 1 billion euros, or about 6 per cent, according to the committee.

Many potential Paris visitors were scared off by November 2015 attacks on cafés, a rock concert and the national stadium that killed 130 people.

However by the end of 2016, hotel reservations started rising again, the report said.

THE ASSOCIATED PRESS



Tourism to Paris is showing signs of revival after a yearlong slump attributed to deadly extremist attacks, violent labor protests, strikes and floods. GETTY IMAGES

MCDONALD'S

All-day breakfast on menu across country

Want to grab some pancakes for lunch in a hurry? Now you can at McDonald's.

The fast-food restaurant launched its all-day breakfast menu on Tuesday at 1,100 restaurants across the country. Menu items include oatmeal, hash browns, and the famous Egg McMuffin sandwich.

The social media reaction was nothing short of elation as people posted selfies with hash browns and Egg McMuffins.

"Truly an egg-celent idea!" posted Rosalyn Gambhir on Twitter.

Blogger Tenille Lafontaine tweeted: "McDonald's #AllDay-Breakfast is real, and it's here, and life is oh so good!"

McDonald's Canada said the first location in the country to serve breakfast after 11 a.m. was Torbay Road McDonald's in St. John's, Newfoundland & Labrador.

METRO

FOOD

Maple Leaf eyes Lightlife

Maple Leaf Foods has announced it will acquire an American company that makes plant-based protein foods for \$140 million US and any related costs.

Maple Leaf says it has signed a definitive agreement to buy Lightlife Foods Inc., which makes vegetarian deli meats,

chicken, beef, sausages and other meatless foods.

President and CEO Michael McCain said in a statement that consumers are looking for alternative protein sources and this growing market is one of Maple Leaf's strategic growth platforms.

THE CANADIAN PRESS

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PAUL WELLS ON TRUDEAU'S PITCH TO EUROPE



The PM didn't come before his German hosts as the guy who's found the solution.

The St. Matthew's Day Banquet in Hamburg has been a big date on the German city's social calendar for more than six centuries. Everyone who's anyone in Hamburg attends. Under the gilded roof of the historic town hall's palatial banquet room, keynote speakers — each year, a German dignitary and a foreign guest — discuss the great matters of the day before hundreds of revelers.

Perhaps Justin Trudeau's staff didn't notice before he spoke at this year's banquet that the keynote slot has lately become quite thoroughly jinxed. The non-German speaker in 2016 was David Cameron, then the prime minister of Britain. Four months later he lost the Brexit referendum and resigned. In 2015 the guest keynote was delivered by Polish president Bronisław Komorowski. Three months later he lost his country's presidential election.

In 2014 Danish PM Helle Thorning-Schmidt — famous to space-challenged headline writers the world over as "Obama selfie friend" after she posed for a photo with the former U.S. president at Nelson Mandela's funeral — addressed the Hamburg dinner. She lost her next election and retired from politics. In 2013 the cursed Hamburg keynote slot was occupied by Jean-Marc Ayrault, who lasted for 13 more months as France's prime minister before losing that job.

Apparently Trudeau is hoping to buck the trend.

It's a very specific trend, if we look more closely. Cameron was trying to stem a rising tide of populism at home by urging the European Union to reform itself. He failed, essentially, and saw his career washed away by a tide of populist nationalism in the Brexit referendum.

Komorowski was the standard-bearer for a moderate pro-European business conservative party that found itself losing, first in Poland's



The guy in the tux on the plight of workers The PM gave the keynote address at a lavish Hamburg banquet, where he hinted at a populist shift in economic policy, writes Paul Wells. THE CANADIAN PRESS

presidential vote and then in parliamentary elections, to Law and Justice, a social-conservative movement that plays on fear of Poland's neighbours, leftover resentment against Communism, and suspicion of newcomers.

Thorning-Schmidt's social democrats lost to a centre-right party, mostly thanks to a surge in support for the further-right Danish People's Party, whose leader has since said he finds Donald Trump refreshing.

Ayrault's departure was less dramatic. French prime ministers are appointed by presidents, and Ayrault took the fall when it became clear that François Hollande's presidency was going nowhere fast. But Ayrault is another symbol of the incapacity of traditional managerial brokerage parties to deliver the change voters crave.

Marine Le Pen is almost certain to win more votes in May's French presidential election than the candidate of Ayrault's Socialist party.

So the last four consecutive Hamburg keynotes came a cropper, not from random bad luck, but because the fury of the disaffected made political busi-

ness-as-usual impossible.

A cautionary tale. Four for the price of one, in fact.

Now along comes Trudeau. Appropriately enough, the tone of his remarks to the Hamburg swells was uncharacteristically dark. "Citizens across the political spectrum are looking for guidance. They're looking for leadership. They're looking for a voice," he said.

"And so far, they're feeling a little let down."

When "companies post record profits on the backs of workers consistently refused full-time work," he said, "people get defeated." When "governments serve special interests instead of the citizens interests who elected them, people lose faith."

Inequality has made citizens distrust governments and employers, "and we're watching that anxiety transform into anger on an almost daily basis."

That's got to change, Trudeau said, perhaps noticing the Hamburg Rathaus floor is littered with trapdoors. "It's time to get real about the challenges facing the middle class," he said, and "Old approaches don't work anymore," and "We can't go about things the same way

and expect to succeed in this new world."

Much of the rest of his speech was corporate-responsibility stuff — companies should pay a living wage, provide generous maternity leave, and so on. As for his own business — governing Canada — he offered no hint about what might be next, only applause for his enhanced child benefit and his recent at-least-I'm-not-in-Davos speaking tour.

But I don't take the PM to have been basking in complacency. He didn't come before his German hosts as the guy who's found the solution. He cast himself, with them, as one who needs to find it.

"We can no longer brush aside the concerns of our workers and our citizens. We have to address the root cause of their worries, and get real about how the changing economy is impacting peoples' lives."

I take Trudeau's Hamburg speech as a preview of a strongly populist shift in economic policy, beginning with next month's federal budget.

Paul Wells is a Toronto Star national affairs columnist.

VICKY MOCHAMA

There is no line-up for refugees; everyone is fleeing the same fire

Speaking to CBC radio, Conservative MP and public safety critic Tony Clement was asked if migrants crossing from the U.S. over land pose a security risk.

He answered "we don't know yet" and went on to say that the migrants should follow the standard refugee claim procedures that "many, many people — tens of thousands do every year."

"We've got a queue jumping situation here as well where we are diverting resources to deal with these claims rather than the claims of people who are going through the legal process," he told CBC.

No, Tony. There is no "queue jumping situation" because there is no queue.

Simply put: There is no line-up when you're fleeing a fire. The only requirement is to get out alive.

On one point he is right. Many, many people do claim refugee status each year. And that's about it. (According to Citizenship and Immigration Canada, in 2015 over 16,000 people claimed refugee status at immigration offices.)

As for the rest he is worryingly wrong.

"Refugee claimants are not in a queue. They're in a completely separate process by which people are asserting their rights under the Refugee Convention," Janet Dench, executive director of the Canadian Council of Refugees, told Metro.

Canada became a signatory to the landmark document in 1969. It doesn't spell out that refugees don't wait in a line. It doesn't need to, because it

should be obvious that running away isn't orderly.

Clement abruptly ended the call with CBC when pressed on what solutions he had and went onto Twitter to complain about being asked questions by the press. Sounds familiar.

The notion of a "queue" is dangerous rhetoric. Not only does it belie the facts of international refugee law that Canada is party to, it also speaks to a willingness to delegitimize the lives of people who have already faced incredible dangers.

This dangerous rhetoric isn't unique to Canada. Such words have become actions in Australia, where many refugees are kept on a veritable prison island called the Manus Processing Centre. It is a multi-billion dollar facility dedicated almost solely to keep refugees from exercising their rights to freedom of movement by manufacturing a "queue."

Language like Clement's is also not new, says Dench: "We have seen in the past the setting up of a dichotomy between good refugees and bad refugees."

Those who claim that refugees are jumping the line are ignoring the law. As the world faces a global migrant crisis that includes 21.3 million refugees, the truth about the law must be told. Canadians signed up 48 years ago to join the rest of the world in providing for and protecting refugees. With the Syrian refugee program, we reaffirmed that commitment to human rights.

We can't now insist that there's a line up for their unalienable rights.



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FOOD

Kitchen crisis as bad harvest sends global prices surging



May Warren
Metro | Toronto

Hold the dressing — that bottle of Italian olive oil might have to last a while.

A bad harvest has sent the price of the Mediterranean staple surging and, closer to home, some local retailers and restaurants are already on edge.

Bad weather and pests have driven the wholesale cost of Italian olive oil up 64 per cent over the same period last year, which translates into a 15-20 per cent shelf price increase in that country.

Carmine Raviele, who owns Little Italy's Il Gatto Nero restaurant in Toronto with his son, said he hasn't had to hike prices yet, but the increase is on his mind.

"We've noticed it and it does make a difference," he said.

"Eventually, you'll have to pass it on to the customer."

The Italian price increases are chalked up to early rains that knocked some buds off olive trees and the threat of the olive fly, which forced many farmers into an early harvest.

Raviele said he's seen a jump in price of Italian olive oil from suppliers of around 20 per cent starting about three weeks ago.

"You can buy cheap oil from other places in the world but then people are used to a certain product; they can tell the difference," he added.

Andreas Voulgaris of Olive



Italy's olive oil wells run dry

Italy's plantations of olive trees have been affected by adverse and unseasonal weather conditions as well as attack from the olive fly. GETTY IMAGES FILE

Oil Emporium, which ships the product across Canada, said it's been a tough season, and expects they may not end up getting any Italian olive oil that meets their standards for quality this year.

"There's not much out there," he said. "It's very, very challenging and there's not much you can do."

But his business has lots of other options, including olive

oil from Spain, Greece, Chile and Peru.

Out of the world's 314 best olive oils awarded at the New York International Olive Oil Competition last year, 109 were from Italy — more than any other country, despite a poor 2014/15 harvest.

Italian olive oil is particularly vulnerable to extreme weather and pests because of the different environments

that olives grow in, from Northern hills to Southern groves.

But that's also how Italian olive oil gets so many different flavours.

Olive oil harvests, like wine, can vary over the years depending on what Mother Nature has in store, Voulgaris added.

"That's the beauty of a live, fresh product," he added.

OIL-TERNATIVES: TRY THESE INSTEAD

- **Spain** is the largest olive oil producer in the world.
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A cured meat like prosciutto is so delicious on its own or paired with fruit, vegetables, cheese and breakfast sandwiches, just to name a few. However, the salt and sodium nitrite make it an item to consume only occasionally and in moderation. Smoked Atlantic salmon is a great alternative — full of flavour and with about half the fat, sodium and with less calories. It also contains healthy omega-3 fatty acids and natural hardwood smoke.

DAIRY DEBATE

Milk diplomacy bubbling to surface under Trump as U.S. farmers fume

Let's call it dairy diplomacy. Milk producers in the U.S. are hoping that their new president's much-heralded deal-making skills can help them get the better of a cross-border trade dispute.

Farmers see Donald Trump's election as an opportunity to crack what they see as Canada's protectionist milk practices and to solve their own problems with oversupply.

At the heart of the current dispute is ultrafiltered milk, an ingredient used to boost protein content in cheese and yogurt.

Canada is creating incentives for processors to buy from domestic manufacturers. U.S. producers say that could be a disaster.

Canada "seems to want to have the free flow of goods south, but are protective of anything going north, so it's time to sit down and talk," Kevin Ellis, chief of Cayuga Milk Ingredients in New York told Bloomberg.

"My hope is that the Trump administration takes them on."

METRO CANADA

LIQUID ASSETS PETER ROCKWELL



Tequila as smooth as a scene in Ocean's Eleven

I love a well-made Margarita, with the key being freshly squeezed lime juice and a premium white (not gold) tequila like Casamigos Tequila Blanco (\$59.85-\$69.99). Co-owned by George Clooney, who with partner Rande (Mr. Cindy Crawford) Gerber approve every batch and literally sign off on the label, Casamigos Blanco is as smooth as a scene from Ocean's Eleven. That level of balance makes it as shot-worthy as it is mixable.



While it may seem like a cruel joke to those of us in the Northern Hemisphere still recovering from the latest round of February snowstorms, today is National Margarita Day. With origin stories aplenty, the common consensus is that the Margarita (a blend of lime juice, orange liqueur and tequila) was first poured at a Mexican cantina in 1941 and named after the customer whose lips it first passed. True or not, the cocktail is now considered everything from a Mexican cliché to the only way to consume tequila without the fear of career-killing social media posts.

Prices reflect the range across the country. Some products may not be available in all provinces.

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RECIPE

Get rolling with a vitamin C injection

Cara Cara navels oranges, which are distinct because of their red interior flesh, have 20 percent more vitamin C and nearly 30 percent more vitamin A than regular navel oranges.

Paired with some similarly zesty papaya and fresh avocado in these fun and easy-to-assemble sushi rolls, the Cara Cara navel makes for a palate-tingling addition.

Orange & Avocado Sushi Roll

Makes six pieces

Ingredients:

- 1/8 Cara Cara navel orange, segmented
- 1 sheet of rice paper
- 1 sheet of nori paper
- 1/4 of a green papaya, julienned
- 8 medium size coriander leaves
- 3 medium size mint leaves

- 1/4 avocado, peeled, pitted and sliced
- A pinch of Maldon sea salt

Directions:

1. Submerge the rice paper roll in warm water for 2 seconds, then remove and place on kitchen counter top.

2. Allow the rice paper to dry for 2 minutes, then place the nori sheet on top of the roll.

3. Place the green papaya on top of rice paper, then layer all remaining of the ingredients on top of the green papaya.

4. Roll tightly and allow the roll to rest for rest for 1 minute. Slice into 6 pieces.

Recipe courtesy of Sunkist and Toronto chef David Lee



These avocado sushi rolls make a great vegetarian and vitamin-C packed hors d'oeuvre. CONTRIBUTED

Comforting crustiness fresh from your own oven

RECIPE

Just a little prep work can turn your kitchen into a bakery

Ricardo Larrivée
For Torstar News Service

Nothing says comfort quite like the smell of freshly baked bread. It's one of my all-time favourite things to eat, especially still warm from the oven with a pat of butter and some homemade jam. Here's a recipe that makes this simple pleasure accessible to any home cook — with five ingredients and a few straightforward steps, it's a lot easier to pull off than you might think.

The key is a little prep work. The next time a craving for a fresh loaf of bread hits, just mix your dough before bedtime. It only takes about 10 minutes. The dough does most of the work for you overnight, rising until morning, which is when you briefly knead it and let it rise a bit more. Then into a preheated Dutch oven it goes.

The result is the perfect crusty and chewy loaf of bread — if there's any left over after breakfast, prepare for the sandwich of a lifetime.

Crusty White Bread
Makes 1 loaf — about 1-2/3 lb (750 g).

Ingredients:



This bread recipe finds the perfect balance between crusty and chewy. COURTESY RICARDO LARRIVÉE

For the bread:

- 3-1/2 cups (525 g) unbleached all-purpose flour
- 1-1/2 tsp salt
- 1/2 tsp instant dry yeast
- 1-3/4 cups (430 mL) cold water

For the coating:

- 1/3 cup (50 g) whole wheat flour

Directions:

1. In a large pot, combine the flour, salt and yeast. Add the water. With a fork, stir until the flour is completely moistened, but not necessarily smooth. Cover and let rise at room temperature for 8 to 12 hours, or overnight.

2. In a large bowl, place the whole wheat flour. Set aside.

3. With your hands, directly in the pot, fold the risen dough onto itself, about 6 times, or until it is smooth.

4. Transfer the dough into the bowl with the whole wheat flour and turn to coat the entire surface of the dough. Cover and let rise for 45 minutes at room temperature or until it has doubled in volume.

5. With the rack in the middle position, preheat the oven to 450 F/230 C. Place a

12-cup (3-L) Dutch oven or ovenproof pot with its lid in the oven, and heat for about 30 minutes.

6. Remove the pot's lid. Drop the floured bread dough in the centre of the hot pot. Cover and bake for 30 minutes. Remove the lid and continue baking for 30 minutes.

7. Let the bread cool on a wire rack or in the pot. Remove any excess flour.

This recipe was inspired by the bread recipe created by Jim Lahey and presented by Mark Bittman in the New York Times.

cbe.ab.ca

NOTICE OF PUBLIC MEETING

Consideration of Closure of Juno Beach Academy of Canadian Studies

The Board of Trustees of the Calgary Board of Education passed a motion at the December 6, 2016 regular board meeting to consider the closure of the Juno Beach Academy of Canadian Studies.

The general public is invited to attend a public meeting being held in accordance with the **School Act** regarding the closure under consideration by the Calgary Board of Education Board of Trustees.

The meeting will be held at the Education Centre (1221 - 8 St S.W.) on Monday, February 27, 2017 at 12:00 p.m.



Calgary Board of Education

The purpose of the meeting is to share information about the matter and to allow for input and questions. At least two Calgary Board of Education Trustees will be present. Your input into this important matter is appreciated. For more information, visit the CBE website at cbe.ab.ca

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Smelling something really fishy

FALSE LABELLING

Fake food is the elephant in the Canadian dining room

A new study suggests more than half of Canadians, especially those with health conditions, are worried the foods they're buying are not what labels claim — and preventing falling victim to such scams can be difficult, experts say.

In an online survey conducted by researchers at Dalhousie University, 63 per cent of respondents said they were concerned about the widespread practice known as food fraud. Notably, worries about counterfeited food products coming from Canada were even greater in those study participants with food intolerances.

That's likely because the fallout for someone with allergies eating a mislabelled product can be severe, says lead researcher Sylvain Charlebois.

He calls food fraud "the big elephant in the room."

"People are aware of the problem. They just don't know how to deal with it," Charlebois said.

Ingredient lists are lifelines for people with food allergies, says Beatrice Povolo, the director of advocacy and media relations for Food Allergy Canada, a non-profit organization advocating on behalf of people with food allergies.

"They count on that to be accurate and truthful and

complete in order for them to make a decision of whether that would be a suitable product or not," she said, adding deliberate ingredient substitutions are not on the organization's radar at the moment.

Olive oil is the perfect example of a product that frequently contains unlisted ingredients, according to Larry Olmsted, author of Real Food Fake Food. Sometimes it'll be watered down with peanut or soy oil, he says, and both are allergens.

The Canadian Food Inspection Agency receives an average of 40 complaints annually from consumers about potential food misrepresentation, spokeswoman Lisa Murphy wrote in an email, and it investigates each case.



People are aware of the problem. They just don't know how to deal with it.

Sylvain Charlebois

The CFIA has studied the scope of the issue and determined concerns include short-weighting products, substituting ingredients, and making false and misleading claims about products.

It also has several programs to monitor certain types of food for fraudulent products, such as olive oil. Between 2006 and 2007, more than 45 per cent of tested samples did not meet the

country's criteria for the product, according to a 2013 presentation by CFIA before a European Commission workshop on olive oil authentication. By 2012 to 2013, that number dropped to more than 30 per cent.

Food fraud is a financially motivated practice, Charlebois said, and is often done to increase the price an item will sell for or lower the cost of making it. Seafood is the most vul-

nerable food group, he noted, because it's difficult to track where those products came from and hard to distinguish between fish species visually once it's a fillet on a store shelf.

That can be problematic for people allergic to certain shellfish who, for example, may order a dish like lobster-filled ravioli that's really composed of a mixture of cheaper shellfish like shrimp.

Until technologies being developed to help consumers validate food labels on their own become available, Charlebois said shoppers and diners must rely on asking questions about vendors and the origin of foods.

Olmsted said one good practice is to purchase food that isn't heavily processed as it's then harder to hide unexpected ingredients. Buying coffee

beans rather than grounds, for example, makes it less likely the product will contain charcoal, paper or sawdust, he said.

"Buying as close as you can to the natural form generally helps you," Olmsted said.

The Dalhousie University survey was conducted for three weeks in January among nearly 1,100 adult respondents living in Canada for at least one year.

THE CANADIAN PRESS



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*Taxes extra.

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© 2017 Mercedes-Benz Canada Inc. 2017 GLC 300 4MATIC with optional Premium Package (\$4,900), LED Lighting System (\$1,700), Intelligent Drive Package (\$2,700) and Sport Package (\$1,500) / 2017 GLC 300 4MATIC Coupe with optional Premium Package (\$4,900), LED Lighting System (\$1,700), Intelligent Drive Package (\$2,700), and Sport Package (\$1,500) shown above, \$59,090 / \$63,930. Lease and finance offers based on the 2017 GLC 300 4MATIC/2017 GLC 300 4MATIC Coupe are available only through Mercedes-Benz Financial Services on approved credit for a limited time. *Total price of \$48,290/\$53,130 for advertised vehicle includes MSRP plus all applicable dealer fees. Stock numbers for advertised vehicles are: N3874/N3882. **Lease example based on \$528/\$590 per month for 45/45 months with a down payment or equivalent trade of \$4,041/\$4,123. Freight/PDI of \$2,495, dealer admin fee of \$495, air-conditioning levy of \$100, EBF tires, filters, batteries of \$20, PPSA of \$23.90/\$23.90 and ANVIC fee of \$6.25 are due at signing. First month's payment plus security deposit of \$600/\$600 and applicable taxes due at lease inception. MSRP starting at \$45,150/\$49,990. Lease APR of 4.9%/5.9% applies. Total obligation is \$31,329/\$34,762. 18,000/18,000 km/year allowance (\$0.20/\$0.30/km for excess kilometres applies). Vehicle license, insurance, registration, and taxes are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. Offers valid on in-stock units only. Offers end February 28, 2017.



Seafood is the most vulnerable group to food fraud because it's hard to distinguish between fish species visually once it's a fillet on a store shelf, according to researchers at Dalhousie University. ISTOCK

Gossip News DIGEST

CONTROVERSY Yiannopoulos quits Breitbart role

Polarizing right-wing writer Milo Yiannopoulos resigned as an editor at Breitbart News on Tuesday and apologized for comments he had made about sexual relationships between boys and men. Yiannopoulos said that two men, including a priest, had touched him inappropriately when he was between the ages of 13 and 16.

"My experiences as a victim led me to believe I could say anything I wanted to on this subject, no matter how outrageous," he said.

"But I understand that my usual blend of British sarcasm, provocation and gallows humour might have come across as flippancy, a lack of care for other victims or, worse, advocacy."

He said he was resigning from Breitbart, which helped make him a star, because it would be "wrong to allow my poor choice of words to detract from my colleagues' important reporting." The apology followed days of criticism after the release of video clips in which Yiannopoulos appeared to defend sexual relationships between men and boys as young as 13.

RACISM
Two charged over Jamie Foxx abuse in Croatia
Croatian police have filed

disorderly conduct charges against two people who allegedly used a racial slur to insult Hollywood actor Jamie Foxx in a restaurant. Police said they acted after receiving reports Sunday of "particularly arrogant and rude" insults made against restaurant guests, including "one of the guests on racial grounds." The police did not name Foxx as the target, but the actor briefly posted comments about the incident on his Instagram profile before deleting them. Foxx was in Dubrovnik filming a Robin Hood remake.

TRAVELLING Lohan criticizes airport request

Lindsay Lohan claims she was "racially profiled" while wearing a headscarf at London's Heathrow Airport.

The actress told a British talk show that she was stopped while travelling to New York. She said an airport worker "opened my passport and saw 'Lindsay Lohan' and started immediately apologizing, but then said: 'Please take off your headscarf.'"

She told Good Morning Britain on Tuesday that the incident made her wonder "how would another woman who doesn't feel comfortable taking off her headscarf feel?" Lohan was returning from Turkey, where she recently met President Recep Tayyip Erdogan.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Comedy's wittiest carnival act

THE SHOW: My Girlfriend's Boyfriend (Netflix)
THE MOMENT: The Scrambler

"Here's what happened with Lisa," says writer/comedian/actor Mike Birbiglia, in this 75-minute standup routine about his travails with love. "I built up the courage to ask her to go to the carnival with me. I thought, 'Maybe this will be like one of those romantic comedy montages.'"

Instead, he eats a ton of junk food and goes on the Scrambler.

"The premise of the Scrambler is simple," Birbiglia says. "You sit on a two-person pod with the person you're in love with, and that pod goes in a circle, which is part of a larger circle, which is part of an even grander circle."

(In a minute he acts this out. It's hilarious.)

He imagines carnival workers asking, "But who will be in charge of this dangerous piece of equipment?" And one guy goes, "I have a nephew who's 16 years old, and smokes pot 24 hours a day." And they're like, "He sounds amazing. We don't



Mike Birbiglia: Thank God For Jokes drops Feb. 28 on Netflix. CONTRIBUTED

even need to interview him."

Naturally, it ends badly for young Mike. But that's good news for us, because Birbiglia is a brilliant storyteller, sweet, wry, riotous. (He's a frequent contributor to radio's This American Life, whose guru, Ira

Glass, is one of his producers.)

For 75 minutes, he spins out one tale that will continue unspooling in your mind long after you watch it. Eventually you'll realize that what felt like digressions — the Scrambler — are metaphors of great

delicacy and wit. His new show Mike Birbiglia: Thank God for Jokes, drops Feb. 28. Can't wait.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



GREAT WALL STRUGGLES TO HIT HEIGHTS

Lego movie is tops again

Holdovers The Lego Batman Movie and Fifty Shades Darker led the North American box office for a second week, while Matt Damon's The Great Wall — a hit in China, where it was made — struggled in its domestic debut.

Warner Bros.' The Lego Batman Movie was No.1 again, selling \$42.7 million in tickets over the four-day holiday weekend, according to final figures Tuesday from comScore. Fifty Shades Darker, which led overseas business, earned \$22.7 million Friday through Monday.

But Universal's critically panned action epic The Great Wall, the most expensive film ever made in China with a budget of \$150 million, failed to make as much of an impact as it did on the other side of the world. After racking up \$171 million in China earlier this year,

the North American bow of director Zhang Yimou's film netted \$21.5 million. New releases Fist Fight, the Fox comedy starring Ice Cube and Charlie Day (\$14.1 million), and Gore Verbinski's A Cure for Wellness (\$5 million) also struggled.

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Chef has the golden touch

BON APPÉTIT

Calgary's Jinhee Lee wins Gold Medal Plates title

Shelley Boettcher

Jinhee Lee has worked as a kindergarten teacher and studied chemistry and accounting.

When she found her true passion — cooking — she didn't know how to tell her family in South Korea that she had switched careers yet again.

"When my mom called to ask how work was, I said, 'Oh, numbers, headache,'" Lee recalls with a laugh. "I wasn't really lying to her, but at the time, I was already a chef. I was actually working out food costs."

These days, her mother knows what she's doing, and so doß many Canadian foodies. Earlier this month, Lee was named the winner of the Canadian Culinary Championships, the 11th annual Gold Medal Plates finale, held in Kelowna, British Columbia.

The first Calgarian since 2006 to take top honours, Lee

is only the second woman to win the prestigious national competition.

"I never expected to win," she says. "It is an honour, for sure." Her winning dish, Cha Ca La Vong, featured a turmeric fish mosaic with dill. "When I was in Vietnam, I went to a restaurant serving that dish and I fell in love with the flavour." Once she'd figured out the ingredients, she says, "I made it my own."

Travel and adventure have long been part of Lee's life. Born in South Korea, she took a trip to Calgary to improve her English 11 years ago. While studying at SAIT, she visited a cooking class, loved it, and quickly signed up for the school's professional culinary program.

"I love that creative edge that cooking has," she says. "I love tasting food and making a dish my own."

It's been a banner year for Lee, who worked at Raw Bar in Hotel Arts before being named executive chef at Foreign Concept. The new restaurant, which features a Pan-Asian menu, opened in mid-December.

Competing for the Gold Medal Plates title was tricky, as Foreign Concept had barely opened. But, Lee says, her team helped power her through it. "Now I just



Jinhee Lee is only the second woman to win the Canadian Culinary Championships. CONTRIBUTED

+ THE FACTS

A closer look at the Gold Medal Plates competition:

- 11 chefs, including Jinhee Lee, competed in the 11th annual Canadian Culinary Championships.

- 10 Olympic athletes attended the finale, including Olympic Gold Medalists Erica Wiebe and Lucas Makowsky.

- The next Calgary competition will take place Nov. 2, 2017.

- Gold Medal Plates has raised more than \$12 million for Olympic athletes since its start in 2004.

GOLDMEDALPLATES.COM

"Now I just want to focus on the restaurant. I want to create dishes using different ingredients, to educate people on Asian flavours. We're just going to keep focused on what we're doing, and make it better and better."

-Jinhee Lee

want to focus on the restaurant. I want to create dishes using different ingredients, to educate people on Asian fla-

vours," she says.

"We're just going to keep focused on what we're doing, and make it better and better."

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Big addition to small-car lineup



REVIEW

Chevy Cruze adds to cargo area with intro of hatchback



Craig Cole
AutoGuide.com

The new Chevrolet Cruze is a respectable compact vehicle that delivers what most shoppers in this segment are looking for. It's reasonably priced, extremely efficient and more refined than you might expect.

For these reasons and more, it's become the brand's best-selling car. Globally, more than 3.5 million Cruzes have been sold since it was introduced in 2008.

Further broadening this car's appeal, a hatchback version is being offered. Arguably, this Cruze's biggest allure is its generous cargo area. With the rear seats up, it provides nearly 25 cubic feet of storage. Fold the backrests down and that number grows to over 47.

When it comes to hauling people, its back bench is cushy and big enough to accommodate a couple six-footers, though three would probably be cramped.

For now, the only engine offered is a 1.4-litre four-cylinder.

Drivers have two different six-speed transmissions to choose from; manual or automatic. The transmission's performance is smooth, never missing a shift.

Velocity can creep up while driving this machine; sometimes you don't realize you're speeding since its interior remains so hushed. The Cruze's worst attribute is its over-boosted steering.

As for the model we evaluated, it included keyless entry with push-button start and 17-inch aluminum wheels. Leather seating surfaces spruced up the interior nicely. The cabin is almost exclusively constructed of hard plastic, but looks nice thanks to its premium texturing.

The Enhanced Convenience Package brought an auto-dimming rear-view mirror, wireless device charging and more. The Driver Convenience II Package added automatic high beams, lane keep assist and forward collision alert.

Unfortunately, there are a couple chintzy things about this car. The control stalks feel ready to snap off with the slightest pressure. And the front seats are low and lack lumbar support.

The 2017 Chevrolet Cruze Hatchback is a welcome addition to the brand's small-car lineup. Efficient, spacious and refined, it's a completely rational choice. However, this machine does have one glaring fault: it doesn't know how to have any fun.

THE CHECKLIST | 2017 CHEVROLET CRUZE HATCHBACK

THE BASICS

Engine: 1.4-litre, four-cylinder
Output: 153 horsepower, 177 pound-feet of torque
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 8.1 city, 6.2 highway, 7.3 combined
Price: As-tested \$35,810



LOVE IT

- Smooth performance
- Spacious interior
- Fuel efficiency
- Quietness

LEAVE IT

- Chintzy control stalks
- Boring to drive
- Flat front seats

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MILESTONE

Toyota's hybrid sales surpass 10M



Jason Siu
AutoGuide.com

Toyota has hit an important new milestone for hybrid sales.

In April 2016, the Japanese automaker reached nine million hybrids sold globally and now the company has eclipsed the 10-million mark. To put that into perspective, Toyota has sold more hybrid vehicles worldwide than Ford has sold Mustangs since the sports car was introduced in the 1960s.

According to sales data, Ford has sold more than 9.5 million Mustangs as of the end of 2016, a number that was bested by Toyota's hybrid sales, which started in 1997. It's not an apples to apples comparison because the Mustang hasn't been a global model throughout its life, but it has also been on the market more than 30 years longer than Toyota's first hybrid.

Toyota estimates that as of Jan. 31, the use of its hybrid vehicles has resulted in approxi-

mately 77 million fewer tons of carbon dioxide emissions compared to conventional gasoline-powered vehicles of similar size and driving performance. It also estimates Toyota hybrids have saved approximately 28.99 million litres of gasoline.

"The Prius stands as an icon for sustainability and efficiency, and is a shining example of what you can achieve when you have the right idea to help solve a problem," said Bob Carter, senior vice president of automotive operations for Toyota Motor North America.

"Hybrids remain an important part of our lineup of vehicles, with over 246,000 units sold last year, and we have seen continued demand with the release of the RAV4 Hybrid variant of the popular compact SUV, accounting for nearly 13 per cent of its total sales volume in 2016."



Prius. HANDOUT

RESEARCH

Ford invests \$200M in new wind tunnel complex



Craig Cole
AutoGuide.com

Later this year, Ford will begin construction of a brand-new vehicle aerodynamics research center in Southeastern Michigan.

Located on 13 acres of land next to the company's current Drivability Test Facility in Allen Park, this structure will also be close to its Flat Rock assembly plant, where the Mustang and Lincoln Continental are built.

Aimed at improving vehicle efficiency and performance, this laboratory will feature some groundbreaking capabilities. One of the most significant things it will offer engineers is a rolling-road aerodynamic tunnel that will help them simulate real-world driving conditions far more accurately. This will include a five-belt conveyor system.



Aerodynamic testing of a Ford F-150 at one of the company's wind tunnel facilities. HANDOUT

Each wheel can be spun on what is essentially its own treadmill. Additionally, a separate belt can be run beneath the center of a vehicle, allowing product-development experts to more precisely simulate what happens while a car or truck is in motion. These conveyors are capable of spinning at up to 250 kilometres per hour.

But to evaluate Ford's truly high-performance offerings, this aerodynamics facility will also

have a single-belt system that's capable of going 322 km/h.

For full-line testing, larger chambers will be able to accommodate oversized vehicles, like the Super Duty truck range.

In addition to rolling roadways, this facility will also be able to simulate temperature extremes. An advanced climate chamber should allow technicians to chill a vehicle down to minus 40 degrees Fahrenheit. Troughing the hottest deserts

on earth, it can also cook them at up to 140 degrees.

According to Ford, real-world driving simulations will help them boost vehicle fuel economy and performance in the coming years. As cars and trucks become more advanced, validation technology needs to keep pace. This facility should give the folks in Dearborn a technical advantage over rival automakers. Construction is expected to be completed close to the end of 2019.

INNOVATION

Could facial recognition systems make driving safer?

Israeli firm eyeSight Technologies just announced a new sensing system that aims to reduce in-vehicle distraction by monitoring drivers.

This company's latest human-machine interface aims to improve safety by keeping tabs on whoever's behind the wheel. In addition to this, the technology offers several other benefits.

Powered by an infrared monochrome sensor that works in a variety of lighting conditions from direct sun to complete darkness, eyeSight's latest creation can detect whether a driver is distracted or even drowsy. It achieves this by keeping tabs on their head position, eyelid openness, and iris location.

This information can then be passed on to the vehicle so it can take proactive steps to improve safety. For example, if adaptive cruise control is engaged, the vehicle could automatically increase following distance if it knows the motorist isn't giving their full attention to the road.

This technology can also recognize individual drivers through facial analysis. By identifying the person in the



New sensing system aims to reduce distracted driving. ISTOCK

captain's chair, a vehicle can automatically customize the driving experience by adjusting the seat, setting a desired temperature or even selecting preferred music.

Aside from safety and convenience, eyeSight's latest offering also supports touch-free gesture controls, something that's supported by the same infrared sensor, meaning no additional electronics are required.

This technology has the potential to simplify various tasks

and eliminate the need to look away from the road to interact with a physical control, which should reduce distraction, increasing safety.

Beyond the automotive space, eyeSight Technologies' embedded computer vision solutions can be used in virtual and augmented-reality devices, consumer electronics, smart appliances and more. Look for this company to make a big impact in the way we interact with vehicles in the coming years. CRAIG COLE/AUTOGUIDE.COM

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Lakers owner Jeanie Buss fired general manager Mitch Kupchak on Tuesday and put Magic Johnson in charge of basketball operations

Nedohin back in the hack

CURLING

Out of retirement and off the bench to skip Alberta

Holding Alberta's broom at the Canadian women's curling championship made Heather Nedohin realize how much she missed it.

The 41-year-old quit competitive curling two years ago after two decades and a pair of national titles.

But the emergency call-up by Shannon Kleibrink has been coming off the bench a lot at the Scotties Tournament of Hearts in St. Catharines, Ont.

Nedohin skipped her second and third games for Alberta on Tuesday because of Kleibrink's ailing back. Alberta's record was 3-3 with Nedohin in the house for two of those wins.

"I have to be honest. I never thought I'd be back," Nedohin said. "I'm going to get emotional. It feels really good to be back."

"For me, it's harsh that's



Heather Nedohin won a match and lost a match as Alberta's skip on Tuesday at the Scotties Tournament of Hearts in St. Catharines, Ont. SEAN KILPATRICK/THE CANADIAN PRESS

Shannon's back is not feeling well, but in the same sense, something was presented to me and I'm just going to roll with it."

Alternates, or fifths, are insurance policies against injury and illness and generally don't play much. But anticipating

2

Nedohin won the Hearts twice for Alberta — as skip in 2012 and as third in 1998.

they would need her, Nedohin also played lead in Alberta's second game so she could get a feel for the Meridian Centre ice.

She and Manitoba's Michelle Englot locked horns Tuesday until the 10th end when Nedohin missed her attempt at a deuce to send the game into

an extra end.

Manitoba prevailed 9-5, but suffered its first loss at night falling 8-7 to defending champion Chelsea Carey of Calgary.

Ontario's Rachel Homan downed Saskatchewan's Penny Barker 7-4 to be alone atop the field at 7-0. Englot was 6-1 ahead of Carey at 5-1.

Quebec's Eve Belisle, 5-2, and Northern Ontario's Krista MacCarville, 4-2, each won twice Tuesday.

Galusha lost to Carey and Ontario to fall to 3-3 alongside Alberta. Prince Edward Island's Robyn MacPhee and Stacie Curtis of Newfoundland and Labrador were tied at 2-4.

Kleibrink's back hasn't responded to massage therapy or physiotherapy as much as she'd hoped it would and said "it needs about three weeks off."

If Nedohin can get Alberta on a roll, Kleibrink may let her go the distance in St. Catharines.

"I'm not going to go back in seven games later not knowing the ice," Kleibrink said. "It's not like we don't have an amazing skip out there."

THE CANADIAN PRESS

IN BRIEF

Matthews, Leafs get the better of Laine, Jets

Jake Gardiner scored in overtime Tuesday night as Auston Matthews' Toronto Maple Leafs prevailed 5-4 over Patrik Laine's Winnipeg Jets.

Matthews had three assists in the win and Leo Komarov scored twice for Toronto, which jumped back into control of the final Eastern Conference wild-card spot (28-20-11).

Laine scored twice for Winnipeg (28-29-6).

THE CANADIAN PRESS

Stampeders ship veteran QB Tate to Ottawa

The Ottawa Redblacks have acquired veteran quarterback Drew Tate from the Calgary Stampeders for a 2018 fifth-round draft pick.

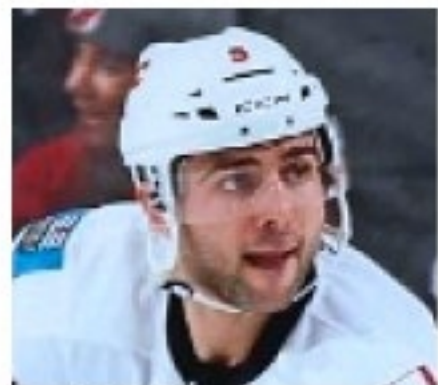
The move comes after Calgary signed veteran quarterback Mitchell Gale on Wednesday.

Tate, 32, spent the first eight years of his CFL career with Calgary passing for 32 TDs and 15 interceptions.

THE CANADIAN PRESS

NHL

Flames fight back to beat Preds in overtime



Mark Giordano GETTY IMAGES

Mark Giordano scored 43 seconds into overtime, and the Calgary Flames edged the Nashville Predators 6-5 on Tuesday night in a crucial game between teams holding the Western Conference's wild cards.

The Flames have won two of their last three games. They pulled within a point of Nashville, though the Predators have a game in hand.

Mikael Backlund tied it at 5-5 at 10:50 of the third with his

TUESDAY In Nashville



second goal of the game and 17th this season with a wrist.

Micheal Ferland also had two goals, Dougie Hamilton added a goal and Johnny Gaudreau had four assists.

Filip Forsberg had a hat trick

in the second period, and Colin Wilson and P.K. Subban each had a goal and an assist for Nashville.

Giordano's game-winner appeared to go off Forsberg's skate past goalie Juuse Saros.

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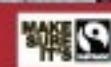
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CHAMPIONS LEAGUE MAN CITY SURVIVES GOAL FEST
Manchester City celebrate John Stones' goal against Monaco during the first leg of their Round of 16 Champions League tie against Monaco in northwest England. Man City won 5-3. PAUL ELLIS/AFP/GETTY IMAGES

IN BRIEF

Source: Free agent Wieters going to Nationals

After a long wait to find a free-agent deal, four-time All-Star catcher Matt Wieters finally found a match with the Washington Nationals.

Wieters and the Nationals agreed in principle on a \$10.5 million contract for 2017, pending a physical, according to a person familiar with the deal. The contract includes a player option for 2018 worth another \$10.5 million.

THE ASSOCIATED PRESS

Raonic wins in Florida

Canada's Milos Raonic opened with an easy win Tuesday in his first appearance at the Delray

Beach Open. Raonic topped U.S. qualifier Tim Smyczek 6-1, 6-4.

THE ASSOCIATED PRESS

Armstrong 'loved' riding for Postal ahead of lawsuit

Disgraced cyclist Lance Armstrong says he "loved" representing the U.S. Postal Service, even as the government sues to get back the millions it spent sponsoring his teams.

After years of legal wrangling, the federal government's \$100 million lawsuit against Armstrong is expected to go to trial this year. The Postal Service sponsored Armstrong's team when he won six of his seven Tour de France titles from 1999-05. THE ASSOCIATED PRESS

Off-season training takes Martin to pool

MLB

Jays catcher says swimming helped rehab injured knee

When Russell Martin decided to take up swimming as an off-season workout option a year ago, he was amazed at how quickly he progressed in the pool.

It didn't hurt that his coach and training partner was a nine-time Paralympic gold medalist.

The Blue Jays catcher, who was born in Toronto but raised in Montreal, has trained alongside Longueuil, Que., native Benoit Huot for two straight off-seasons at the Institut National du Sport du Quebec (INS).

"I never really practised swimming in my life, I was never really that interested in it, but as I got older my body was changing and I felt I needed to do some different things to stay in shape," the 34-year-old Martin said Tuesday at the Blue Jays spring training facility.

"I just wanted to find ways to balance out my body a little bit better and turns out Ben is a really good coach — in one session I got a lot better with just a couple techniques he showed me. And he's a tremendous competitor."

Huot, who was born with a disability in his right leg commonly known as club foot, won three



Paralympic swimmer Benoit Huot, left, has trained Blue Jays catcher Russell Martin over the past two baseball off-seasons. @BENHUOT/INSTAGRAM

gold medals in his first Paralympic Games in Sydney in 2000 and followed that up with five more in Athens in 2004. He has a total of 20 Paralympic medals, including a bronze from the Rio Games last summer.

Martin first met Huot years ago through a mutual friend. The two had spoken about training together in the pool but Martin didn't take Huot up on his offer until last year when

Huot took him to INS Quebec for the first time.

Martin played 137 games last season — and nine more in the playoffs — batting .231 with 20 homers and 74 RBIs while dealing with a left knee issue for most of the year.

He underwent arthroscopic surgery in November to remove floating torn cartilage from the knee, a procedure he said he's fully recovered from now.

While Martin's knee had "mostly healed" by the time he got in the pool with Huot, he did say that swimming helped in his rehab process and he worked with his physiotherapist to come up with a workout plan he could do underwater.

"I'd start with very easy stuff and I would do them and get back to (my physiotherapist) and tell him it felt good or it felt worse and we'd work together from there," Martin said. "We got more aggressive each time and the next thing you know the knee just started to feel awesome." THE CANADIAN PRESS

In that environment, they're all really dedicated to what they do.

Russell Martin

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MOTORSPORT

Johnson's bid to be NASCAR's greatest

Jimmie Johnson might have had an easier time had his 6-year-old daughter asked for help with a school art project. Genevieve Johnson instead left dad briefly bewildered with a messier question: What does famous mean?

"At school, the kids are asking her, saying, 'Your dad's famous,'" Johnson said. "How do you answer that question?"

Let's try. Does your dad dress in a Lowe's fire suit, slide into the No. 48 Chevrolet and race on national television every weekend? Does your dad have more than 2.3 million Twitter followers, is he besieged by autograph seekers and asked to voice cartoons on the Disney Channel?

Yes, Genevieve, your father is famous. But the more contemplative question is this: Is Johnson the greatest to ever drive a stock car? That answer is up for debate, though arguments for other contenders thin as Johnson

continues to add to his championship collection. Seven of 'em, if you've lost count.

An eighth would push Johnson past Dale Earnhardt and Richard Petty for most ever, leaving him alone as NASCAR's greatest.

Outside his motorhome, Johnson scratched his beard, tinged with a touch of grey, as he considered what an eighth title would mean. Johnson had retreated to Aspen, Colorado, over the winter, where the snow and ski-filled days made him want to grow his beard to roughly ZZ Top length. The King has his feathered cowboy hat. Maybe a wavy beard could become Johnson's distinctive

GETTY IMAGES

guishable feature. What seemed cool in Aspen made him hot under the helmet at Daytona.

"I was really uncomfortable," he said. "It just hits you the whole time." Beard aficionado Dale Earnhardt Jr., who shaved his own for a wedding, openly admired his teammate's facial hair. "That's a bad-ass beard," Junior said. "I certainly do envy what Jimmie's got going on." Most drivers also envy his record run at NASCAR history.

Johnson's shot at history hit him in 2010 when he won his fifth straight Cup title and talk about chasing eight intensified. He won his sixth in 2013, and his surprising seventh last year

now makes an eighth championship seem more in-

evitable than a longshot.

With 80 career wins and a pair of Daytona 500 victories, the 41-year-old Johnson won't let the record define him. "No," he said, "but I'm going to try (and win it)."

Long before he fires up the Chevy, Johnson's championship pursuit begins near dawn with a run. Johnson long ago traded his race helmet for a bicycle helmet during off hours at the track and put a twist on his Sunday finish line by running the occasional marathon before a race.

At Daytona, he biked 42 miles on Sunday morning hours before he pulled double duty and raced in the Clash at Daytona and qualified for the 500. He's inspired and coached members of the NASCAR family — crew chiefs, fellow drivers — and helped whip them into shape before he whipped them on the track.

THE ASSOCIATED PRESS



MAKE IT TONIGHT

Restaurant-worthy Nicoise Pasta



PHOTO: MAAYA VISNEVI

Ceri Marsh & Laura Keogh
For Metro Canada

This pasta may look like a restaurant-worthy main, but really it's a pantry friendly mid-week life saver.

Ready in 25 minutes

Prep time: 5 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

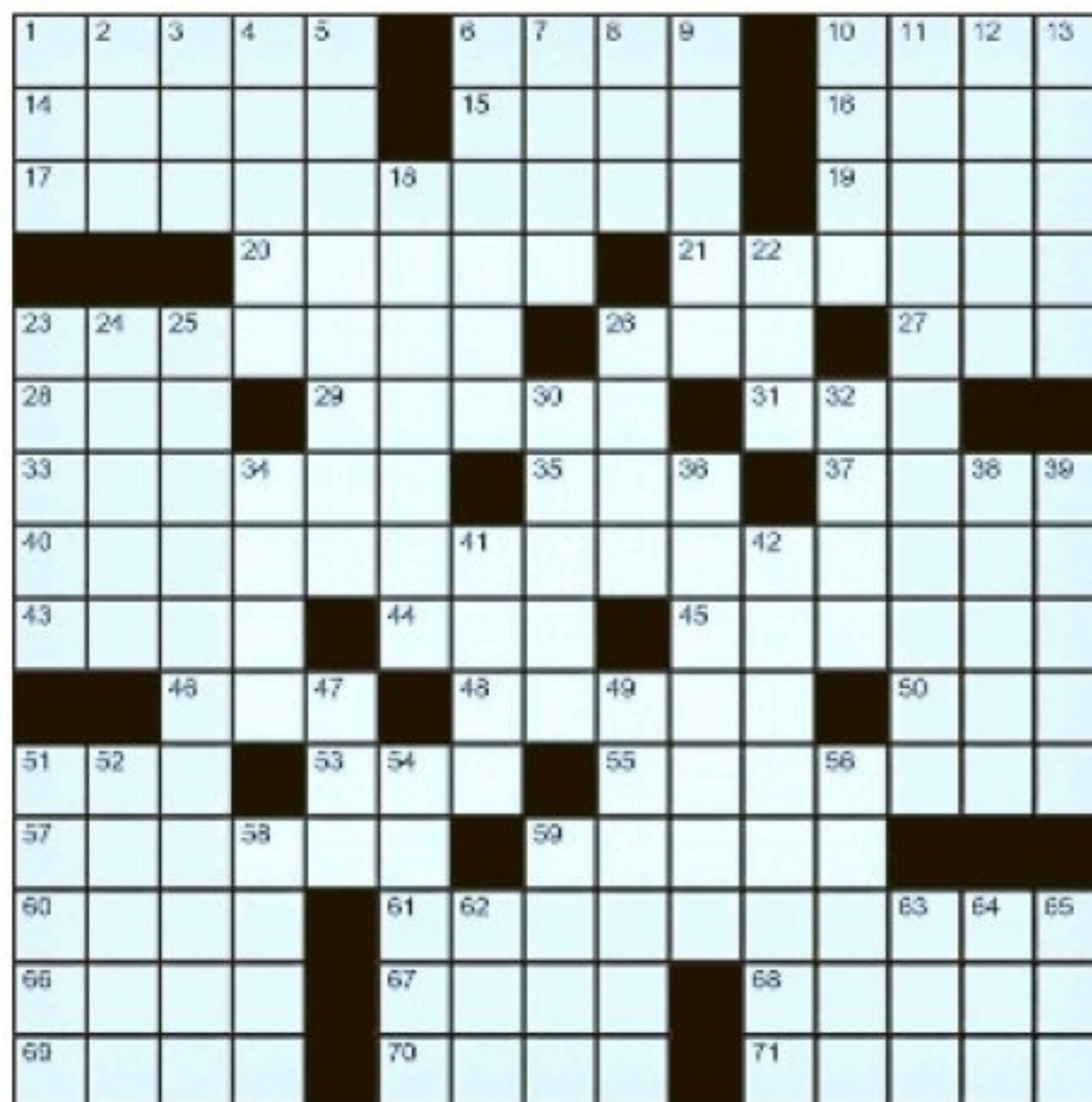
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ACROSS

- 13th-century Russia invader
- Clement Clarke Moore opener
- Uppity utterances
- Jeanne __ Governor General of Canada from 1984 to 1990
- Sound off on the highway
- Louisiana, par exemple
- Mille-feuille seller in Montreal
- Boxing injury site
- Shoes: __ marks
- Menu's main course
- Rendering of an event
- __-Julie, Quebec
- Sovereign, e.g.
- Pussycat Dolls hit: "Don't __"
- "My guess would be...": 2 wds.
- Beak: French
- __ wool
- __-advised (Imprudent)
- Scottish body of water
- Ontario: York Region town about half an hour north of Toronto: 2 wds.
- __ and Span (Cleanser)
- Dropped maiden name predecessor
- Bakery tin: 2 wds.
- Moses' portrayer's initials-sharers
- __ and drabs
- Metallica song
- N. or S. American state
- Vienna's wee



country

- Chuck Berry song lady, and namesakes
- Restaurant tab increases: 2 wds.
- US Ambassador to Canada in recent rumoured news, Sarah __

- Toronto-born actor Mr. Young
- Alex Trebek, for one, in the world of game shows
- Light fog
- __-date
- Go away
- Tepid
- Canyon lingerer

Guitar attachment

DOWN

- Cooking meas.
- U.S. motorists org.
- Celebrated tomb king
- Dispatch boat
- Firefighter's forte
- Crook's crimes

- 'Star Trek' universe Klingon
- Ms. DiFranco
- Clay pigeon shooting
- Camper's shelter
- Clipped groceries savings item: 2 wds.
- Radio legend Casey
- Intensely in-

- clined
- "You better take care" in this Gordon Lightfoot tune
- Beak
- High points
- Garish
- Road trip woe: 2 wds.
- Li'l word segment
- One feeling ill
- River for Hamburg
- Longing
- Winter dryness relief in one's pocket or purse: 2 wds.
- "Hogan's Heroes" star Bob
- Toronto-born actor Tyler
- Roadside mil. hazards
- Phones the wrong number
- Devalize
- Where to see pandas and penguins: 3 wds.
- Apothecary weights
- Sound
- Canada's motto, 'A Mari __ ad Mare'
- Map detail
- To, archaically
- Central part
- Checkout scanner's target [acronym]
- Jack __ (Sailor)
- Sister of Zsa Zsa
- Sales pro

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you have a powerful urge to make creative changes in your immediate environment. This includes your body and your health. You want a superior result with everything that you do. Bravo!

Taurus April 21 - May 21
You will work hard behind the scenes to improve things for yourself today. These improvements will be in every level of your life, especially financial.

Gemini May 22 - June 21
You have the ability to encourage groups to work to achieve something better today. It might involve tearing down something in order to rebuild.

Cancer June 22 - July 23
Your ambition is fiercely aroused today, which is why you will accept no interference from anyone. You are on a mission, and you intend to achieve your goal.

Leo July 24 - Aug. 23
Conflict with others about politics, religion or racial issues will be intense today. Avoid this if you can, because these differences will become nasty.

Virgo Aug. 24 - Sept. 23
Disputes about shared property and inheritances might come to a head today. People will not listen to each other. You have to be prepared to compromise.

Libra Sept. 24 - Oct. 23
Your dealings with partners and close friends will be challenged today. Someone wants to do things his or her own way, and he or she will not listen to you. Maybe you can just tread water and not lose any ground?

Scorpio Oct. 24 - Nov. 22
You will work relentlessly to achieve your aims today. You also will try to make others work just as hard alongside you.

Sagittarius Nov. 23 - Dec. 21
Those of you involved in sports will be fiercely competitive today. Parents and teachers also will have strong expectations for their kids. (Easy does it.)

Capricorn Dec. 22 - Jan. 20
You can make big changes for the better at home today, especially in areas related to bathrooms, plumbing, laundry, garbage and recycling. Act on this strong energy.

Aquarius Jan. 21 - Feb. 19
You are highly persuasive today. If you are in sales, marketing, teaching, acting or writing, you definitely will score!

Pisces Feb. 20 - March 20
You're willing to work hard to make money today because it's important to you. But you might work just as hard to improve or change something you own. Today, everything matters.

CONCEPTIS SUDOKU by Dave Green

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